

**Transforming Daily**  
**“... with thanksgiving ...”**  
*Philippians 4:6*

Paul addresses an interesting thought regarding a hindrance to thanksgiving. He starts this thought with the imperative admonition for the believer not to be anxious. Anxiety is an enemy of faith. It can paralyze and even strangle the believer's desire to affect the will of God for his or her life. Anxiety is the combination of intense fear and worry overshadowed by a desperate sense of the lack of self control.

When I turned 40, I experienced what was called a panic attack or an anxiety attack. I had never experienced anything like it before. The Attack was severe enough to land me in ICU for a couple of days. However, it took me over a year to figure out what was wrong with me. When I finally realized what was going on, and told my doctor what I needed more than the antacids he was prescribing me was to confess my sin before God, everything resolved itself.

What I didn't realize is that I had been trying to run my own life and ministry rather than relying on God. I was trying to control the events and circumstances that surrounded me in and with my own limited strength and understanding. In essence I burned out. I had a meltdown in the form of panic. My mind turned against my body, and in result, quenched the Spirit of God. I was focused on what I didn't have, would have had, didn't do, wouldn't do, had to do, should have done, and could have done, if only. Instead I should have been resting, trusting and thanking God for His abundant blessing in my life through Christ Jesus, trusting Him for the outcome and solution for every decision in every situation.

I went home after that doctor's appointment and took my last antacid prescribed by the physician. Then I turned to The Physician and repented of my selfishness and self-centered approach to life and ministry. I asked Him to forgive me for trying to do His job. Since then, I have never had another panic attack, but at times I still catch myself trying to do only what God can do in me and through me.

Thanksgiving toward God is the key to reducing and eliminating anxiety. A grateful heart toward God replaces anxiety with peace. A grateful heart toward God rewards understanding through prayer. A grateful heart toward God reassures our hearts and minds of His presence by making our requests known to Him with thanksgiving.